

**Iceland - The probabilities of a major osteoporotic fracture in men**

The following tables give the 10-year probability (%) of a major osteoporotic fracture (hip, clinical spine, forearm or proximal humerus fracture) according to the T-score for femoral neck BMD, the number of clinical risk factors (CRF) and age. Each table provides a mean estimate and a range, based on the epidemiology of Iceland. The range is not a confidence interval, but because the weight of different risk factors varies, is a true range.

Note that the BMI is set at 24 kg/m<sup>2</sup>.

**Age = 50 years**

Number of CRFs	BMD T-score (femoral neck)										
	-4.0	-3.5	-3.0	-2.5	-2.0	-1.5	-1.0	-0.5	0	0.5	1.0
0	28	18	12	8.6	6.6	5.3	4.4	3.8	3.4	3.3	3.1
1	40 (34-49)	27 (24-33)	18 (16-23)	13 (11-16)	9.9 (7.6-12)	7.9 (5.7-10)	6.6 (4.6-8.7)	5.7 (3.8-7.7)	5.1 (3.4-7.0)	4.9 (3.2-6.8)	4.7 (3.0-6.5)
2	54 (44-69)	38 (31-51)	27 (21-36)	19 (14-26)	15 (9.9-21)	12 (7.2-18)	9.7 (5.6-16)	8.4 (4.6-14)	7.5 (4.0-13)	7.2 (3.8-12)	6.9 (3.6-12)
3	69 (55-82)	52 (40-65)	38 (28-49)	28 (19-39)	21 (13-33)	17 (9.6-28)	14 (7.4-24)	12 (6.0-22)	11 (5.2-20)	10 (4.8-19)	9.9 (4.6-19)
4	82 (69-90)	67 (51-77)	51 (36-59)	38 (26-49)	29 (20-41)	24 (16-35)	20 (12-31)	17 (9.8-27)	15 (8.4-25)	15 (7.8-24)	14 (7.4-23)
5	91 (86-94)	80 (71-86)	65 (54-70)	51 (41-57)	40 (32-48)	32 (25-41)	27 (21-36)	23 (18-32)	21 (15-29)	20 (14-28)	19 (13-27)
6	95	89	78	64	52	43	36	31	28	27	26

Ten year probability of osteoporotic fractures (%) according to BMD, the number of clinical risk factors (CRF) and age in men from Iceland.

**Age = 55 years**

Number of CRFs	BMD T-score (femoral neck)										
	-4.0	-3.5	-3.0	-2.5	-2.0	-1.5	-1.0	-0.5	0	0.5	1.0
0	30	21	15	11	8.5	6.9	5.7	4.9	4.5	4.2	4.0
1	43 (39-50)	30 (27-36)	22 (19-26)	16 (13-19)	13 (9.6-15)	10 (7.4-13)	8.5 (5.9-11)	7.3 (4.9-9.8)	6.6 (4.4-9.1)	6.2 (4.1-8.7)	5.9 (3.8-8.3)
2	57 (48-69)	42 (35-53)	31 (25-40)	23 (17-31)	18 (12-26)	15 (9.3-22)	12 (7.3-20)	11 (5.9-17)	9.6 (5.2-16)	9.1 (4.8-15)	8.6 (4.5-15)
3	71 (59-81)	56 (45-66)	42 (33-55)	33 (23-46)	26 (16-39)	21 (12-34)	17 (9.5-30)	15 (7.7-26)	14 (6.8-25)	13 (6.2-23)	12 (5.8-22)
4	82 (71-88)	69 (55-77)	55 (42-65)	44 (32-56)	35 (25-48)	29 (20-42)	24 (15-37)	21 (12-33)	19 (11-31)	18 (9.9-29)	17 (9.3-28)
5	90 (86-92)	81 (74-85)	69 (60-74)	56 (48-64)	46 (38-55)	38 (31-48)	33 (26-42)	28 (22-38)	26 (19-35)	24 (17-33)	23 (16-32)
6	93	89	80	69	58	50	43	37	34	32	31

**Age = 60 years**

Number of CRFs	BMD T-score (femoral neck)										
	-4.0	-3.5	-3.0	-2.5	-2.0	-1.5	-1.0	-0.5	0	0.5	1.0
0	31	22	17	13	9.9	8.0	6.7	5.7	5.2	4.8	4.5
1	42 (40-48)	32 (29-36)	24 (20-27)	18 (15-21)	14 (11-18)	12 (8.6-15)	9.8 (6.9-13)	8.3 (5.7-11)	7.6 (5.1-10)	7.1 (4.7-9.8)	6.6 (4.3-9.3)
2	56 (48-66)	43 (37-53)	33 (27-42)	26 (19-34)	21 (14-29)	17 (11-25)	14 (8.5-22)	12 (6.9-19)	11 (6.1-18)	10 (5.6-17)	9.5 (5.1-16)
3	69 (59-77)	56 (46-66)	44 (35-57)	35 (25-49)	28 (19-42)	23 (14-37)	20 (11-32)	17 (9.0-28)	15 (7.9-27)	14 (7.2-25)	13 (6.6-24)
4	79 (70-84)	68 (57-76)	57 (45-67)	46 (35-58)	38 (28-51)	32 (22-45)	27 (18-40)	23 (14-35)	21 (13-33)	20 (11-31)	18 (10-30)
5	87 (83-89)	79 (73-83)	69 (62-75)	58 (51-66)	49 (42-58)	41 (35-51)	35 (29-45)	31 (24-40)	28 (21-38)	26 (19-36)	25 (18-34)
6	90	86	79	70	61	52	45	40	37	35	33

Ten year probability of osteoporotic fractures (%) according to BMD, the number of clinical risk factors (CRF) and age in men from Iceland.

**Age = 65 years**

Number of CRFs	BMD T-score (femoral neck)										
	-4.0	-3.5	-3.0	-2.5	-2.0	-1.5	-1.0	-0.5	0	0.5	1.0
0	30	23	17	13	11	8.6	7.1	6.0	5.5	5.0	4.6
1	41 (38-45)	31 (28-35)	24 (21-27)	19 (15-22)	15 (12-18)	12 (9.2-16)	10 (7.3-13)	8.8 (6.1-12)	7.9 (5.4-11)	7.3 (4.8-10)	6.7 (4.4-9.4)
2	53 (46-61)	42 (36-50)	33 (27-40)	26 (20-34)	21 (15-29)	17 (12-25)	14 (9.2-22)	12 (7.5-19)	11 (6.5-18)	10 (5.8-17)	9.5 (5.3-16)
3	64 (56-72)	54 (45-64)	44 (35-56)	35 (26-48)	29 (20-42)	24 (15-37)	20 (12-32)	17 (9.8-29)	16 (8.5-27)	14 (7.5-25)	13 (6.8-23)
4	74 (66-80)	65 (55-72)	55 (45-65)	46 (36-57)	38 (30-50)	32 (24-44)	27 (19-39)	23 (15-35)	21 (13-33)	20 (12-31)	18 (11-29)
5	82 (78-85)	75 (70-79)	66 (60-72)	57 (51-65)	48 (42-58)	41 (36-51)	35 (29-45)	31 (24-40)	28 (21-38)	26 (19-35)	24 (17-33)
6	86	82	75	67	59	51	45	40	36	34	32

**Age = 70 years**

Number of CRFs	BMD T-score (femoral neck)										
	-4.0	-3.5	-3.0	-2.5	-2.0	-1.5	-1.0	-0.5	0	0.5	1.0
0	29	22	18	14	11	8.9	7.3	6.3	5.6	5.1	4.6
1	40 (35-46)	31 (27-37)	25 (21-29)	19 (16-23)	15 (12-18)	12 (9.6-15)	10 (7.6-12)	8.7 (6.4-10)	7.7 (5.5-9.0)	6.9 (4.9-8.2)	6.3 (4.4-7.5)
2	52 (44-61)	42 (34-51)	34 (27-42)	27 (21-34)	22 (16-28)	17 (12-23)	14 (9.7-19)	12 (8.0-16)	11 (6.8-14)	9.4 (6.0-13)	8.5 (5.3-12)
3	64 (54-72)	54 (44-64)	45 (35-56)	36 (27-47)	29 (21-40)	24 (16-33)	19 (13-28)	16 (10-24)	14 (8.9-21)	13 (7.8-19)	11 (6.9-18)
4	73 (66-79)	65 (57-73)	56 (47-65)	47 (38-56)	39 (31-48)	32 (24-41)	26 (19-34)	22 (16-30)	19 (14-27)	17 (12-24)	15 (10-22)
5	80 (75-84)	75 (69-79)	67 (60-73)	59 (51-65)	50 (43-57)	41 (35-49)	34 (29-41)	29 (24-36)	25 (21-32)	22 (18-29)	20 (16-26)
6	85	81	76	69	61	52	44	38	33	29	25

Ten year probability of osteoporotic fractures (%) according to BMD, the number of clinical risk factors (CRF) and age in men from Iceland.

**Age = 75 years**

Number of CRFs	BMD T-score (femoral neck)										
	-4.0	-3.5	-3.0	-2.5	-2.0	-1.5	-1.0	-0.5	0	0.5	1.0
0	28	22	18	14	11	9.2	7.5	6.5	5.7	5.1	4.5
1	39 (32-57)	32 (25-48)	26 (20-39)	21 (16-31)	17 (12-25)	13 (9.8-19)	11 (7.8-15)	9.1 (6.6-12)	7.9 (5.7-9.8)	6.9 (4.9-8.1)	6.1 (4.3-7.1)
2	52 (40-67)	44 (32-60)	36 (26-52)	30 (21-43)	24 (16-35)	19 (13-28)	15 (10-22)	13 (8.5-18)	11 (7.2-15)	9.4 (6.2-12)	8.2 (5.4-11)
3	63 (50-75)	56 (41-69)	48 (34-62)	41 (27-54)	34 (21-45)	27 (17-38)	22 (13-31)	18 (11-26)	15 (9.5-22)	13 (8.1-18)	11 (7.0-16)
4	73 (59-80)	67 (52-76)	60 (44-70)	53 (36-63)	45 (30-55)	37 (24-47)	30 (19-39)	25 (16-33)	21 (14-28)	18 (12-24)	15 (10-20)
5	80 (68-84)	76 (61-81)	70 (54-76)	64 (47-71)	57 (40-64)	49 (33-56)	41 (27-48)	35 (23-41)	29 (20-35)	24 (18-30)	21 (16-25)
6	84	82	78	74	68	61	53	46	39	33	28

**Age = 80 years**

Number of CRFs	BMD T-score (femoral neck)										
	-4.0	-3.5	-3.0	-2.5	-2.0	-1.5	-1.0	-0.5	0	0.5	1.0
0	24	20	16	13	11	8.6	7.0	6.0	5.2	4.6	4.0
1	34 (27-52)	29 (22-45)	24 (18-38)	19 (14-31)	16 (12-25)	13 (9.3-20)	10 (7.5-16)	8.8 (6.3-13)	7.5 (5.4-11)	6.5 (4.6-8.9)	5.6 (4.0-7.4)
2	45 (34-62)	39 (29-55)	33 (23-47)	28 (19-41)	23 (15-34)	19 (12-28)	15 (10-23)	13 (8.4-19)	11 (7.1-16)	9.2 (6.0-13)	7.8 (5.1-11)
3	56 (42-69)	50 (36-63)	44 (30-57)	37 (25-50)	32 (20-43)	26 (17-36)	22 (13-30)	18 (11-25)	15 (9.4-21)	13 (8.0-18)	11 (6.8-15)
4	66 (50-75)	60 (44-70)	54 (38-65)	48 (32-59)	42 (27-52)	36 (22-45)	30 (18-38)	25 (15-33)	22 (13-28)	18 (11-24)	15 (9.7-20)
5	74 (59-79)	69 (53-75)	64 (47-71)	59 (41-65)	52 (35-59)	46 (29-53)	40 (25-46)	34 (21-40)	30 (18-35)	25 (16-30)	21 (14-26)
6	79	77	73	68	63	57	51	45	39	34	29

Ten year probability of osteoporotic fractures (%) according to BMD, the number of clinical risk factors (CRF) and age in men from Iceland.

**Age = 85 years**

Number of CRFs	BMD T-score (femoral neck)										
	-4.0	-3.5	-3.0	-2.5	-2.0	-1.5	-1.0	-0.5	0	0.5	1.0
0	19	16	13	11	8.8	7.2	6.0	5.2	4.4	3.8	3.3
1	28 (21-45)	23 (18-39)	20 (15-33)	16 (12-28)	14 (9.8-23)	11 (8.0-19)	9.3 (6.6-16)	7.9 (5.6-13)	6.7 (4.8-11)	5.8 (4.1-9.3)	4.9 (3.5-7.8)
2	38 (27-55)	33 (23-49)	28 (19-43)	24 (16-37)	20 (13-31)	17 (11-26)	14 (9.0-22)	12 (7.6-19)	10 (6.4-16)	8.6 (5.5-13)	7.3 (4.7-11)
3	48 (34-62)	43 (29-57)	38 (25-52)	33 (21-46)	28 (17-40)	24 (14-34)	20 (12-30)	17 (10-25)	15 (8.8-22)	13 (7.5-18)	11 (6.3-16)
4	59 (42-69)	54 (37-64)	49 (32-59)	43 (27-54)	38 (23-48)	33 (19-43)	29 (16-37)	25 (14-33)	21 (12-28)	18 (10-24)	16 (8.8-21)
5	68 (51-73)	64 (46-70)	59 (40-66)	54 (35-61)	49 (30-56)	43 (26-50)	38 (22-45)	34 (19-40)	30 (16-35)	26 (14-31)	22 (12-27)
6	74	72	68	64	60	54	49	44	40	35	31

**Age = 90 years**

Number of CRFs	BMD T-score (femoral neck)										
	-4.0	-3.5	-3.0	-2.5	-2.0	-1.5	-1.0	-0.5	0	0.5	1.0
0	13	11	9.2	7.7	6.5	5.4	4.7	4.1	3.5	3.1	2.7
1	20 (15-35)	17 (13-30)	14 (11-26)	12 (8.9-22)	10 (7.4-19)	8.6 (6.2-16)	7.4 (5.3-13)	6.4 (4.5-11)	5.6 (3.9-9.8)	4.8 (3.4-8.4)	4.2 (2.9-7.2)
2	29 (20-45)	25 (17-40)	22 (14-35)	19 (12-30)	16 (9.9-26)	13 (8.3-22)	11 (7.2-19)	9.9 (6.2-16)	8.6 (5.4-14)	7.5 (4.6-12)	6.5 (4.0-11)
3	40 (26-54)	35 (22-49)	31 (19-44)	27 (16-39)	23 (13-34)	20 (11-30)	17 (9.7-26)	15 (8.4-23)	13 (7.3-20)	11 (6.3-17)	9.8 (5.5-15)
4	51 (33-62)	46 (29-58)	42 (25-53)	37 (22-48)	33 (18-43)	29 (15-38)	25 (13-33)	22 (12-30)	19 (10-26)	17 (8.7-23)	15 (7.6-20)
5	61 (42-67)	58 (38-64)	53 (33-60)	49 (29-55)	44 (25-50)	39 (21-45)	35 (19-41)	31 (16-36)	28 (14-32)	25 (12-29)	22 (11-25)
6	69	67	64	60	56	51	47	43	38	34	30